

FRITTATAS



INGREDIENTS:

- 3 Whole Eggs
- 4 Egg Whites
- 1/2 Cup Reduced Fat Cheese
- 2 Tbsp Whole Milk, Half & Half, Cashew Milk, or Pea Milk
- Dash of Salt & Pepper
- 2 Cups of Raw vegetables (broccoli, mushrooms, onion, artichoke, spinach, bell pepper, tomatoes, or any non-starchy vegetable)

RECIPES:

- 1) Pre-heat oven at 425 F
- 2) Spray oil on Muffin pan with (Pro Tip: wipe excess oil with paper towel ensuring each compartment is lined)
- 3) Wash and cut your selected vegetables.
- 4) Sauté vegetables until cooked (leafy greens should be slightly wilted)
*Note: Important to cook vegetables prior to adding to egg mixture, otherwise the moisture will prevent eggs from cooking well.
- 5) Mix whole eggs, egg whites, salt & pepper, and cheese (Optional use half the cheese in the mixture and half on the top of each frittata).
- 6) Add your cooked vegetables to egg mixture. Combine well
- 7) Add mixture to each muffin container, fill 3/4 of the way.
- 8) If you saved some of the cheese, use it now to top your Frittatas.
- 9) Bake for 17-20 minutes.

Enjoy!!!

Makes 12 Frittatas (1 Serving = 3 Frittatas)
Macros - Calories: 152 Protein: 16 gm Carbs: 9 gm Fat: 6 gm